

**Full Report (All Nutrients) 15038, Fish, halibut, Greenland, raw**

**Report Date: June 25, 2017 19:11 EDT**

Nutrient values and weights are for edible portion.

Food Group : Finfish and Shellfish Products

**Carbohydrate Factor: 3.87 Fat Factor: 9.02 Protein Factor:4.27 Nitrogen to Protein Conversion Factor:6.25**

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	3.0 oz 85g	0.5 fillet 204g
<b>Proximates</b>						
Water	g	70.27	19	1.361	59.73	143.35
Energy	kcal	186	--	--	158	379
Energy	kJ	778	--	--	661	1587
Protein	g	14.37	3	1.004	12.21	29.31
Total lipid (fat)	g	13.84	22	0.773	11.76	28.23
Ash	g	1.00	3	0.058	0.85	2.04
Carbohydrate, by difference	g	0.00	--	--	0.00	0.00
Fiber, total dietary	g	0.0	--	--	0.0	0.0
Sugars, total	g	0.00	--	--	0.00	0.00
<b>Minerals</b>						
Calcium, Ca	mg	3	1	--	3	6
Iron, Fe	mg	0.66	--	--	0.56	1.35
Magnesium, Mg	mg	26	--	--	22	53
Phosphorus, P	mg	164	1	--	139	335
Potassium, K	mg	268	1	--	228	547
Sodium, Na	mg	80	1	--	68	163
Zinc, Zn	mg	0.40	--	--	0.34	0.82
Copper, Cu	mg	0.030	--	--	0.025	0.061
Manganese, Mn	mg	0.012	--	--	0.010	0.024
Selenium, Se	µg	36.5	--	--	31.0	74.5
<b>Vitamins</b>						
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0	0.0

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Thiamin	mg	0.060	1	--	0.051	0.122
Riboflavin	mg	0.080	1	--	0.068	0.163
Niacin	mg	1.500	1	--	1.275	3.060
Pantothenic acid	mg	0.250	1	--	0.212	0.510
Vitamin B-6	mg	0.420	--	--	0.357	0.857
Folate, total	µg	1	--	--	1	2
Folic acid	µg	0	--	--	0	0
Folate, food	µg	1	--	--	1	2
Folate, DFE	µg	1	--	--	1	2
Choline, total	mg	61.8	--	--	52.5	126.1
Vitamin B-12	µg	1.00	1	--	0.85	2.04
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	14	--	--	12	29
Retinol	µg	14	--	--	12	29
Carotene, beta	µg	0	--	--	0	0
Carotene, alpha	µg	0	--	--	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0
Vitamin A, IU	IU	47	--	--	40	96
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin	µg	0	--	--	0	0
Vitamin E (alpha-tocopherol)	mg	0.73	--	--	0.62	1.49
Vitamin E, added	mg	0.00	--	--	0.00	0.00
Vitamin D (D2 + D3)	µg	27.4	--	--	23.3	55.9
Vitamin D3 (cholecalciferol)	µg	27.4	--	--	23.3	55.9
Vitamin D	IU	1097	--	--	932	2238
Vitamin K (phylloquinone)	µg	0.1	--	--	0.1	0.2
<b>Lipids</b>						
Fatty acids, total saturated	g	2.419	--	--	2.056	4.935
4:0	g	0.000	--	--	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000
10:0	g	0.000	--	--	0.000	0.000
12:0	g	0.008	2	--	0.007	0.016

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	3.0 oz 85g	0.5 fillet 204g
14:0	g	0.754	3	0.029	0.641	1.538
16:0	g	1.440	3	0.052	1.224	2.938
18:0	g	0.193	2	--	0.164	0.394
Fatty acids, total monounsaturated	g	8.378	--	--	7.121	17.091
16:1 undifferentiated	g	1.763	3	0.243	1.499	3.597
18:1 undifferentiated	g	2.393	3	0.489	2.034	4.882
20:1	g	2.237	3	0.073	1.901	4.563
22:1 undifferentiated	g	1.968	3	0.296	1.673	4.015
Fatty acids, total polyunsaturated	g	1.367	--	--	1.162	2.789
18:2 undifferentiated	g	0.123	2	--	0.105	0.251
18:3 undifferentiated	g	0.043	2	--	0.037	0.088
18:4	g	0.132	2	--	0.112	0.269
20:4 undifferentiated	g	0.061	2	--	0.052	0.124
20:5 n-3 (EPA)	g	0.526	3	0.051	0.447	1.073
22:5 n-3 (DPA)	g	0.089	2	--	0.076	0.182
22:6 n-3 (DHA)	g	0.393	3	0.016	0.334	0.802
Cholesterol	mg	46	9	0.733	39	94
<b>Amino Acids</b>						
Tryptophan	g	0.161	--	--	0.137	0.328
Threonine	g	0.630	--	--	0.535	1.285
Isoleucine	g	0.662	--	--	0.563	1.350
Leucine	g	1.168	--	--	0.993	2.383
Lysine	g	1.320	--	--	1.122	2.693
Methionine	g	0.425	--	--	0.361	0.867
Cystine	g	0.154	--	--	0.131	0.314
Phenylalanine	g	0.561	--	--	0.477	1.144
Tyrosine	g	0.485	--	--	0.412	0.989
Valine	g	0.740	--	--	0.629	1.510
Arginine	g	0.860	--	--	0.731	1.754
Histidine	g	0.423	--	--	0.360	0.863
Alanine	g	0.869	--	--	0.739	1.773
Aspartic acid	g	1.471	--	--	1.250	3.001
Glutamic acid	g	2.145	--	--	1.823	4.376

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	3.0 oz 85g	0.5 fillet 204g
Glycine	g	0.690	--	--	0.587	1.408
Proline	g	0.508	--	--	0.432	1.036
Serine	g	0.586	--	--	0.498	1.195
<b>Other</b>						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0